



✨ Summer is here, and we can't wait to see you in studio!
 Please check the schedule for temporary changes to your favorite classes. Adjustments have been made based on instructor availability and facility needs to support community programs over summer.
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 🗓️ Summer schedule runs 6/9-8/15.
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 Thank you for your flexibility and continued support!

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER 2025 STUDIO B (CYCLE) CLASS SCHEDULE

CARLISLE FAMILY YMCA

***MEMBERS MUST BE AT LEAST 13 YEARS OLD TO PARTICIPATE IN GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am-5:45am BOLT Power Cycle* (Linda)		5:15am-5:45am BOLT Power Cycle* (Linda)		5:15am-5:45am Cycle Sweat Hiit+Fit (Suzy)		
7-7:30am #MTJP (Sophia)	7am-7:30am LES MILLS SPRINT™ (Lisa D.)		7am-7:30am #MTJP (Sophia) **Last class for summer 8/14		8am Cycle Rotation (See online schedule for more info)	
		8:15am-8:50am LES MILLS SPRINT™ (Alexa)				
9am-10am Go With the Flow (Melissa)				9am-9:45am Pedal + Pulse (Carrie M.)		
	12pm-12:30pm Various Formats for August (Check online)		12pm-12:30pm Cycling 4 Fitness (Kristen T.)	<div style="border: 2px solid green; padding: 10px;"> <p> NEW! August Saturday Cycle 8/2 LES MILLS SPRINT LAUNCH - Carmen 8/9 8am - Rocking the Intervals - Kelli M. 8/16 8am - Bolt Power Cycle - Linda 8/23 8am - LES MILLS SPRINT™ - Carmen 8/30 8am - Pedal + Pulse - Carrie </p> </div>		
4:45pm-5:15pm Next Gen Cycling (Lisa A.)						
5:45pm-6:20pm LES MILLS SPRINT™ (Mercedes)	5:45pm-6:20pm LES MILLS SPRINT™ (Mercedes)	5:30pm-6:15pm Maximum RPMs (Lisa D./Johnny D.)	5:45pm-6:20pm LES MILLS SPRINT™ (Mercedes)			

^^BODYPUMP™, BODYCOMBAT™, BODYATTACK™, SPRINT™, GRIT™, and CORE™ are all LES MILLS™ Classes

CARLISLE FAMILY YMCA

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CARLISLE FAMILY YMCA CLASS DESCRIPTION

BOLT Power Cycle - Bolt means a lightning strike, to run as quickly as you can, or to move with great haste. Our BOLT class will move you through a high cardio, power cycle for 30 minutes. If you want an added benefit to BOLT, check out 15-minute Power Stretch or Power Yoga offered on different days after BOLT Power Cycle to get a complete full fitness jolt at lightning speed with Flash Henninger instructing.

Cycling for Fitness - Ride with purpose with workouts structured for interval, strength, or endurance training. All levels are welcome. New riders should come 15 minutes prior to start for bike setup and basic instruction.

Cycle HIIT+FIT - A cardio workout without comparison where you'll climb the biggest hills, sprint across flats, and more! This high energy ride brings together music, movement, and heart rate work in just 45 minutes. Expect to be pushed past your limits as you are lead through a workout that will motivate you on and off the bike. Begin pedaling and let's go!



#MTJP - MTJP stands for MORE THAN JUST PEDALING – In line with popular boutique cycle studio trends. #MJTP has all the components of a traditional cycle class (climbs, sprints, runs, and Tabata's) but with a new component on the bike choreography. This workout not only activates your legs but now also your arms and core. This class is for all types of riders and all the choreography will be demonstrated and taught before each class begins, but as always is optional. Make sure to bring your water and towel because this 30-minute class is guaranteed to make you sweat! Note: please arrive 10-15 prior to class to ensure proper bike set up.

Next Gen Cycling - If you are interested in trying something new, and don't want to listen to your parents' music...this class is for you! It's a high energy ride with a party vibe. We'll have upbeat music and a social atmosphere. No experience necessary.

Pedal + Pulse – Cycling doesn't have to just be about the bike. This class is the perfect blend of high energy cardio on the stationary bike and targeted strength training with light weights. It truly is the best of both worlds. All fitness levels welcome.

Go with the Flow - Surrender to the rhythm of the music and allow the Power within to kick start your week upbeat!

Theme Rides – Join various instructors for special themed rides. The theme changes based on the time of year and instructor so check the detail online.

Intro to Cycling – Welcome to cycling. Whether you need some time to figure out the new bikes, need a brief refresher, or are brand new to the world of cycling, this class is for you! All levels are welcome. Beginners are encouraged to give this class a try first. ** This class is offered as a seasonal "pop up" during the busier months of the year.

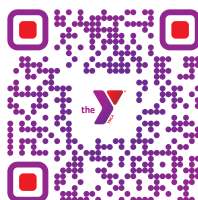
LES MILLS SPRINT™ - Welcome to your 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike and incredible music to achieve fast results.

Maximum RPMs - Come ready to work hard. Drills, runs, climbs, Tabata's and active recovery make water and towels an absolute necessity for this class.

Sunday Long Ride – This class blends some of your favorite training modalities for a 60-minute blast to your fitness to train your endurance. PowerZone training concepts will be utilized to training at differing exertion levels. Completion of a Functional Threshold Power (FTP) test will help drive results through the roof. The Power Zone levels are individual to the rider and thus a beginner and experienced rider will both be working hard. During the ride your instructor will call out a zone for riders to achieve for a specific amount of time. It is like a personal training session.

**FTP tests will be scheduled randomly for riders who want to tap into their personal threshold.

Bike BOOTCAMP – Bike BOOTCAMP classes occur between Studio A and Studio B and alternate between Cardio Intervals on the bike and Strength Training on the floor. The Strength Training compliments the cardio and the two work together to create a total-body workout!



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